



ज़ाकिर हुसैन दिल्ली कॉलेज (सांध्य)

Zakir Husain Delhi College (Evening)

दिल्ली विश्वविद्यालय (University of Delhi)

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June 21, 2019

5th INTERNATIONAL DAY OF YOGA

REPORT

Zakir Husain Delhi College (Evening) organized the 5th International Day of Yoga on June 21, 2019 at 8.00 a.m. The Chief Guest for the programme was Yog Guru Shri Akhil Thakur. The programme was attended by teachers, non-teaching staff and students. The esteemed Yog Guru gave an overwhelmed guidance on how to be healthy with Yoga practices and to adopt yoga as a part of activities to encourage physical wellbeing. Later, all the participants rigorously performed Yoga under the guidance of Yog Guru. Finally, the vote of thanks was given by Dr. Bharat Bhushan. The Principal thanked all participants and all guests and especially for the successful culmination of event.

(Dr. Masroor Ahmad Beg)

Principal

